



**UNIVERSITY OF TORONTO**  
**FACULTY OF LAW**

**Summary of Initiatives 2018-2019 Academic Year in Accordance with Faculty of Law**

**Mental Health Strategic Plan**

**Mental health and wellness information and skill development opportunities for students**

- Mental Health literacy training for Peer Mentorship Program
- “Working with students experiencing distress” training for upper year tutors
- Exam preparation workshop in collaboration with Assistant Dean’s Office
- Presentation during Professionalism & Ethics training for entire 1L class on mental health and professional regulation
- Workshops on “Trauma Informed Lawyering & Self-Care” for students enrolled in the Faculty of Law Externship program.

**Suicide Prevention Training**

- Roll out of the “Suicide Safer Faculty” initiative in which a series of four SafeTALK training workshops were provided for all members of the law school community. Sixty-nine participants registered for this training this year, including staff, faculty and students.

**Trauma-Informed Lawyering program for students**

- In collaboration with Office of Experiential Education, provided opportunity for clinical education students to participate in special facilitated workshop on Trauma-Informed Lawyering
- Workshops on “Trauma Informed Lawyering & Self Care” provided for students enrolled in the Faculty of Law Externship program.

**Peer Mental Health Support Program**

- Trained Peer Mental Health Support Mentors launched a “Peer Support Drop-In” program open to all students at the law school, which provided a weekly facilitated opportunity to connect with fellow law students and receive peer support in a safe environment.

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**Annual Wellness Week event for Faculty of Law**

- Organized and implemented by Student Health & Wellness Committee, in partnership with other Faculty and University groups
- Series of events and activities throughout week to promote community-building and health & wellness literacy and engagement
- Activities included a Running Event with students and alumni, a yoga and fitness class, a very successful Community Kitchen event in collaboration with Health Promotion Team

from the central Health & Wellness Centre, and a roundtable discussion on issues pertaining to mental health and young lawyers.

#### **Mindfulness Program for Faculty of Law**

- The Mindfulness Program at the law school continued for the first semester of year, which included a launch event and monthly follow-up sessions provided by expert facilitator and geared to topics relevant to law school student population
- Participation by students, staff and faculty members

#### **Direct counselling services to JD student body and service enhancements**

- Manager, Academic/Personal Counselling & Wellness provided on-going clinical supports
- A new 0.6 FTE Health & Wellness Counsellor (MSW) was hired by the law school to provide increased capacity for clinical support appointments

#### **Communication Strategy re: health & wellness related activities, events, and opportunities at the Faculty of Law**

- Organized pro-active communication around issues of academic accommodations, health & wellness activities and supports provided on multiple platforms to increase awareness and participation by JD student body

#### **Dean's Mental Health Committee**

- The results of the 2017-2018 Mental Health & Substance Use survey of the student body was presented at Faculty Council
- The Dean's Committee identified the issues of high risk alcohol behaviors, as identified in the survey, as a priority area to develop recommendations and an action plan with respect to
- The "Framework to Address High Risk Drinking and Alcohol Harms Reduction on Canadian Campuses" from the Canadian Centre on Substance Abuse was endorsed by the Committee as the guiding framework for program and policy development at the Faculty.
- Consultations with student leadership on the Framework

#### **Enhanced relationship with the Faculty of Kinesiology and Physical Education student health & wellness programs**

- Direct referral and service coordination relationship with the MoveU HappyU and S.P.A.R.K. programs allowing for facilitated access for law students to physical training and behavioral support programs.